

REFLECTIVE WRITING PROMPTS: EMOTIONAL HEALTH

Please answer the following questions

Please make a list of 5 pleasant things that you like to do? Reflect on how they reflect your unique personality.

Have you ever considered therapy? If so what kind of approach are you drawn to? What kind of approach would you like to try?

If you have tried therapy-what was your experience like? If bad, why? and if positive, why?
